ABSTRACT OF THE DISCLOSURE

Disclosed is a tilt controlling method and apparatus in which an RE signal track at a point where an RF signal is the maximum or an RE signal track at a point where a jitter is the minimum is detected as a tilt control signal to induct a DC component according to the disk shape and an AC component according to the surface vibration of the disk. Further, the fact is used that an RF envelope has the maximum value when the disk is parallel to an object lens or there is no tilt. Thus, in a tilt initialization step, a tilt track as the RF Max. is obtained for one rotation and the central potential of this track is set as a tilt control reference voltage, and when the RF envelope becomes a phase corresponding to a condition of a controller or a differential value of the RF envelope in the tilt window signal becomes a desired phase, tilt control is started so that the RF envelope always has the maximum value.